



UV safety

Exposure to the sun's UV rays causes most skin cancers. Even a few serious sunburns can raise the risk.

Limit exposure to the sun.

When in the sun, wear sun screen and lip balm with a sun protective factor (SPF) of 30 or higher.



Ultraviolet (UV) radiation comes in three forms: UVA, UVB, and UVC. UVA and UVB rays cause skin and eye damage. UVC rays don't reach the earth.

UV rays also reflect off of surfaces like water, sand, and snow.

Use sun screens that protect against both UVA and UVB rays. Choose eyewear that absorbs 99-100% of both UVA and UVB rays. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

High doses of UVA radiation comes from tanning beds.

For the look of a tan, use sunless tanning lotions, sprays, and bronzers, instead of sun bathing, tanning beds, and sun lamps.